



ABSTRACT OF THE DISCLOSURE

A diet management system and apparatus is described by which a patient on a prescribed diet can keep track of the portions or servings of various food groups consumed over the course of a day. The diet management apparatus includes a series of color-coded Exchange Cards or other exchange tokens for each permitted portion of a given food group on a prescribed diet with which the patient keeps track of the consumption of exchanges throughout the day. A booklet is provided for organizing, storing and using the Exchange Cards according to the system.